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Each of first and second stations, in communicating with the other station, provides a preamble including forward link parameters and reverse link parameters. The forward link parameters in each preamble are provided for each station in accordance with the reverse link parameters previously transmitted to the station in packets from the other station. The reverse link parameters in each preamble in each station provide an indication to the other station of the forward link parameters to be provided by the other station in the next transmission of a packet to the station from the other station. Data is provided in packets at each station to be transmitted to the other station. Each packet transmitted by each station to the other station includes a preamble and includes data after the preamble. In addition to the forward link parameters and the reverse link parameters, each preamble may include a training sequence which provides sequence for synchronizing the operation of each station with the operation of the other station and for facilitating the recovery and processing of data transmitted to each station from the other station. Parameters from a higher layer network may be provided at each station to modify the reverse link parameters to be provided at the station for indicating to the other station the forward link parameters to be transmitted in the next packet from the station to the other station.